

Training Resources

Maintained by Owen Johnston

<http://www.strengthcalisthenics.com>

My full list of articles - <http://goo.gl/JaloKQ>

My full archive of strength training PDF files -

<http://tiny.cc/strengthtrainingpdf>

My full archive of PDF files - <http://tiny.cc/pdfbooks>

Signup sheets for my classes and more - <http://tiny.cc/fitnessdocs>

Calisthenics classes, PDF books, videos, fitness links, and more -

<http://www.strengthcalisthenics.com>

Other resources that I maintain -

<http://www.karateplaylists.com>

<http://www.oddobjecttraining.com>

<http://www.karatepdfbooks.com>